

# Take Precautions against the H1N1 Virus (Swine Flu)

As the H1N1 virus (swine flu) outbreak continues to grow in the US and internationally, the Director of the Indiana State Department of Health, Joe Wainscott, wants Hoosiers to know that “each of us can make a difference” to stop the spread of the illness.

Be aware that the symptoms of swine influenza are similar to the symptoms of regular, human influenza and include fever, cough, headaches, sore throat and fatigue.

Here is what you can do to stay healthy:

## **Wash your hands often with soap and water**

- Washing your hands removes germs from your skin and helps prevent illnesses from spreading
- If hands are not visibly dirty, waterless alcohol-based hand gels containing at least 60% alcohol can also be effective in removing germs

## **Cover your mouth and nose with a tissue when you cough or sneeze**

- Be sure to dispose of used tissues in a wastebasket

## **Try to avoid close contact with sick people**

- Influenza is spread mainly person to person through the coughing or sneezing of infected people
- The US Centers for Disease Control and Prevention (CDC) recommends that you stay home from work or school if you are experiencing flu like symptoms, to keep from infecting others.

## **Seek medical care if you are experiencing flu-like symptoms**

- Antiviral medications are available to treat swine influenza

Check the Indiana State Department of Health (ISDH) or Centers for Disease Control and Prevention (CDC) websites [www.in.gov/isdh](http://www.in.gov/isdh) and [www.cdc.gov](http://www.cdc.gov) for updates on the current situation and recommendations regarding swine influenza.